



Canberra Yacht Club Sailing School

ADULT & FAMILY SAILING COURSES

WELCOME, to the Canberra Yacht Club Sailing School. The Sailing School is a division of the Canberra Yacht Club. It is accredited by Yachting Australia as a Registered Training Centre.

Aim

Our aim is to make sailing fun and enjoyable for all. We provide the level of guidance that you need at the moment, and the opportunity for you to progress as far as you wish. We offer a comprehensive range of training courses for all levels of sailing.

Accreditation for Participants

All students progress toward Australian Sailing accreditation with the relevant endorsements in their **Australian Sailing (AS) Logbook**

Adult & Family Sailing Courses Available

The adult & family sailing courses are programmed to fit in with your busy lifestyle. The courses are designed for beginners through to the experienced sailor wishing to improve and build on existing skills. They are set up to attend either as an individual, with friends, or as a family with children over 13.

Level 1 Beginners Course

- ◆ Adult & Family Sailing courses are conducted during the months of September, October, November, December, January, February, March and April. Each course consists of 14 hours of theory and practical coaching.

Twilight Sailing Program

- ◆ The Twilight Sailing Program is for adults who have completed the level 1 course and looking to do some further sailing in dinghies.
Running on a Wednesday evening you can sail by yourself or with others. There will be a coach out on the water as well to help you progress in your sailing and compete in the Twilight Race starting at 6pm.
The Course will be split into two terms, term one being before Christmas, and term two after Christmas. This means you get about 3 months of Sailing in each term.

Private One-On-One Training

- ◆ Private one-on-one tuition is available. Times, types and duration of sessions can be negotiated with the office at anytime.



CANBERRA YACHT CLUB SAILING SCHOOL
PO Box 7169 Yarralumla, ACT 2600 • 1 Mariner Place Yarralumla
Phone 02 62734777 • Fax 02 6273 6222 • (ACT SAILING INC) ABN 93 090 967
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Email admin@canberrayachtclub.com.au • Web canberrayc.com





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Costs

The cost for the Level 1 Course is \$390. A \$20 discount applies if you are a member of the Canberra Southern Cross Club. The twilight sailing program cost is \$390 per term.

Introduction to Sailing Course Syllabus

Personal Preparation

- Water Safety
- Personal Flotation Devices
- Sun Protection
- Cold Weather Protection
- Marine Safety
- Nautical Terminology

Dinghy Preparation

- Rigging
- Terminology
- Points of Sail
- Knots
- Capsize Recovery
- Helming Technique

Things to Bring and Wear

Sailing is a water sport and sailors will always get wet. At the very least, they will get wet feet when launching the yachts, and at the worst they will get completely wet after a capsize. It is therefore essential to bring a complete change of clothes and a towel for a shower at the club after sailing.

For each practical session please bring the following:

- ◆ Sneakers and socks (they will get wet)
- ◆ Shorts and tracksuit trousers
- ◆ A long sleeve shirt
- ◆ A jumper. If it's cold more than one may be needed
- ◆ A spray jacket
- ◆ A hat
- ◆ Sunscreen lotion
- ◆ Something to drink

The above items of clothing should be brought each day. What is actually worn will depend on the weather. Don't worry about the clothes being new or fashionable. Most clothes worn by sports sailors are of the old and worn variety - they will get wet!



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ADULT & FAMILY SAILING COURSES 2016/17

Level 1 Course dates.

(Each course consists of two Thursdays and two Saturdays.)

COURSE NUMBER	Theory Thursday 5.30pm to 7.30pm	Practical Saturday 12pm to 5pm	Theory Thursday 5.30pm to 7.30pm	Practical Saturday 12pm to 5pm
A1 - Level 1	13 th October	15 th October	20 th October	22 nd October
A2 - Level 1	3 rd November	5 th November	10 th November	12 th November
A3 - Level 1	24 th November	26 th November	1 st December	3 rd December
A4 - Level 1	12 th January	14 th January	19 th January	21 st January
A5 - Level 1	2 nd February	4 th February	9 th February	11 th February
A6 - Level 1	23 rd February	25 th February	2 nd March	4 th March
A7 - Level 1	16 th March	18 th March	23 rd March	25 th March
A8 - Level 1	30 th March	1 st April	6 th April	8 th April

Twilight Sailing Dates

Term 1	Term 2
2 nd November	11 th January
9 th November	18 th January
16 th November	25 th January
23 rd November	1 st February
30 th November	8 th February
7 th December	15 th February
14 th December	22 nd February
21 st December	1 st March
	15 th March



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APPLICATION FORM FOR ADULT INTRODUCTORY SAILING COURSES

Course Number: A#..... Dates from: to.....

PARTICIPANT DETAILS

Surname..... Given Names.....

Address..... Postcode.....

E Mail address.....

Phone AH: (.....)..... Phone BH: (.....)..... Mobile:

Date of Birth: (...../...../.....) Age

Emergency Contact Phone: (.....).....

Emergency Contact Name: Relationship:

Details of any relevant condition which may affect ability to participate (e.g. Medical or physical)
Please give details:

Has the participant attended a relevant course before? YES / NO
If YES, please give details :.....

Does the participant have a relevant YA Log Book or other proof of sailing skill attainment? YES / NO
If YES, please give details and bring it along to the first lesson.

Can the participant swim 25 meters with clothes on? YES / NO

To receive your \$20 discount please provide your:
Canberra Southern Cross Club Member Number (if applicable)

Office Use Paid \$..... Receipt Number Date

PARTICIPANT INDEMNITY FORM



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Iam aware that during the training course I have chosen (self - over 18 or Parent/Guardian - under 18) for myself or ward (delete category not applicable) to participate in under the arrangements of the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB certain hazards may occur associated with sailing and boat rigging generally. In consideration of the right to participate in such instruction or other activities associated with the course arranged by the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB their associates or agents I have and do hereby assume all the above risks and will hold ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB their associates and agents free of any liability action, debt claims or demands which I now have or may arise as a result or in connection with the participation in this course of instruction. The terms hereof shall also serve as a release of the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB from risk and assumption of risk by my heir's executors or administrators for all members of my family including minors.

Should any successful claim be brought for myself/son/daughter/defacto/spouse against the ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB I agree to indemnify ACT SAILING INCORPORATED trading as CANBERRA YACHT CLUB its associates and agents and will meet the total costs resultant from such action.

SIGNED.....Date.....

Name in block letters

Address.....

NOTIFY IN CASE OF EMERGENCY

Name.....Relationship.....

Address.....

Phone AH : (.....)..... Phone BH : (.....)..... Mobile :

HOW DID YOU HEAR ABOUT OUR SAILING SCHOOL COURSES? (Please tick)

- Friends / word of mouth.
- Participated in previous courses.
- Web Page.



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